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Initially not an avowed environmentalist, Walter Regan has been fighting for the Sackville River for more than two decades

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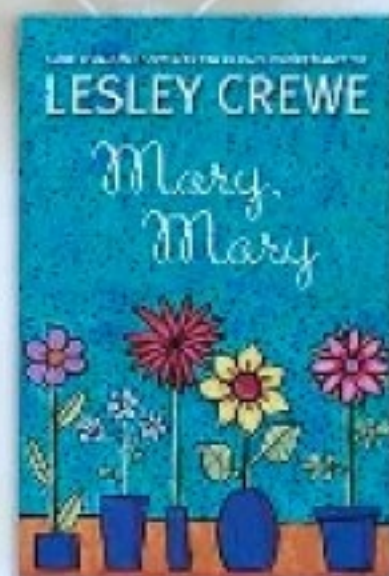
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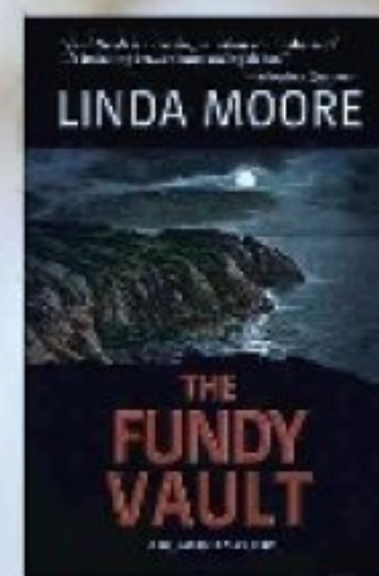
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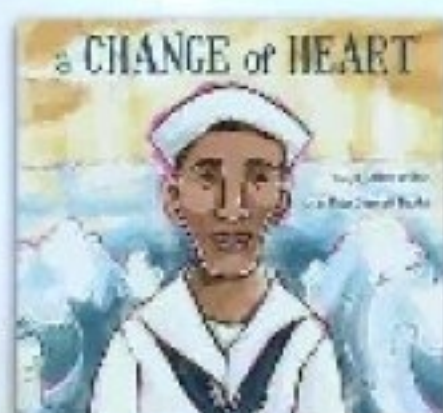
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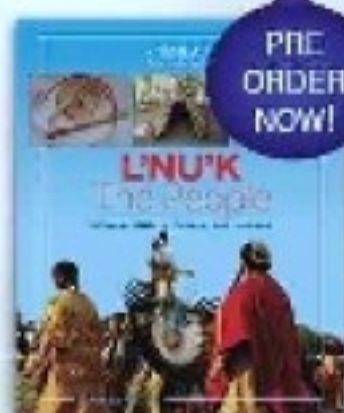
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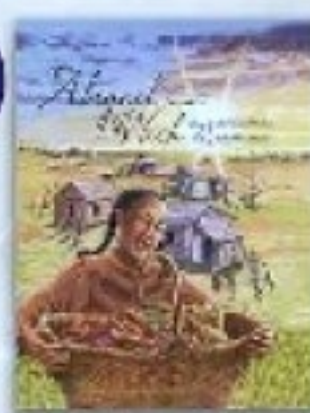
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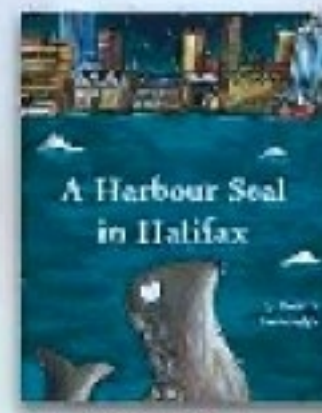
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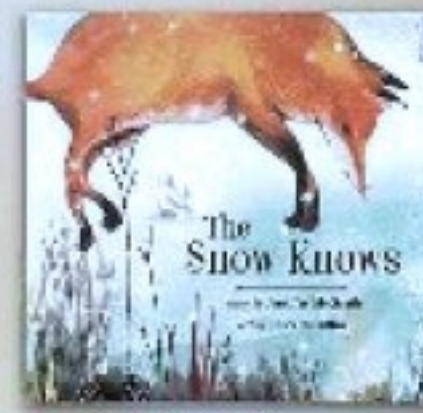
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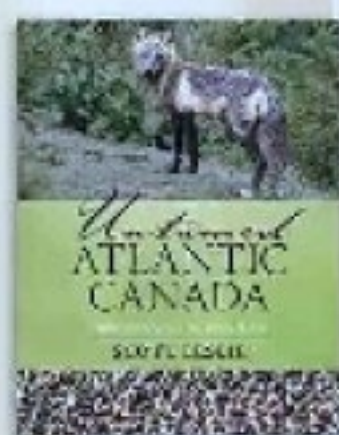
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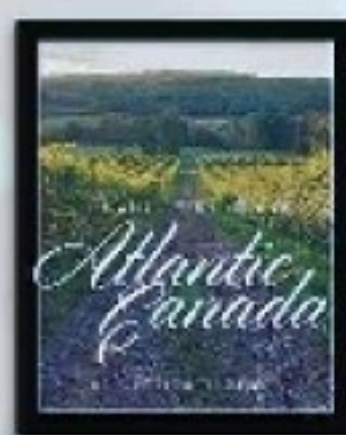
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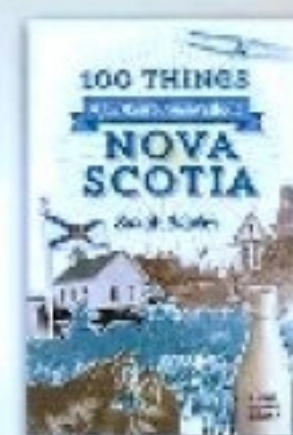
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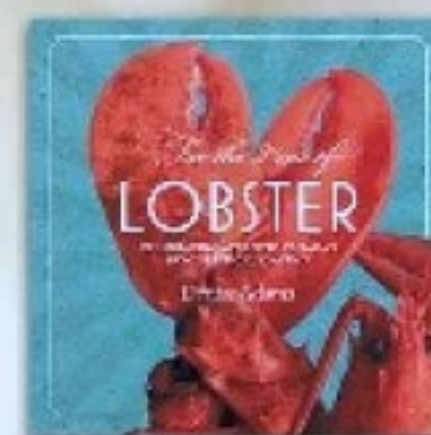
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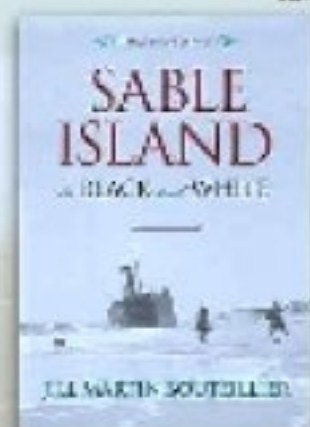
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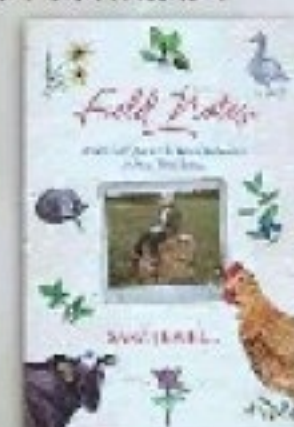
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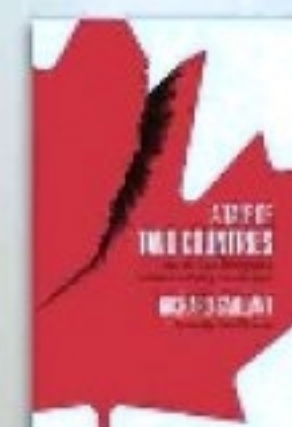
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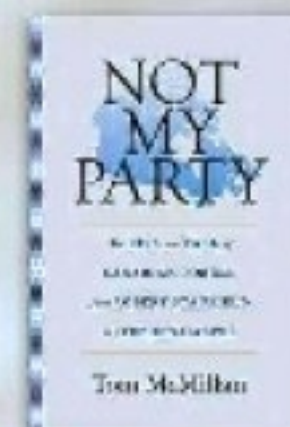
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Strike talk on tap for teachers

LABOUR

Union head won't predict if members will walk next week



Zane Woodford
Metro | Halifax

The union representing Nova Scotia's public school teachers will be talking with its members this week about what a strike might look like.

Teachers are in a legal strike position on Dec. 3, meaning Monday, Dec. 5 would be the first day that any potential job action would affect school.

During a public meeting in Halifax on Sunday, Nova Scotia Teachers Union president Liette Doucet still couldn't say whether teachers would be taking job action, but said the union executive would be talking to members this week about the possibilities.

"We're going to be holding meetings in all areas across Nova Scotia, and we will be talking to them about all of the different possibilities and what job action could look like, whether it's a full walk-out, whether it's a rotating type situation for walkouts or strikes," Doucet told reporters after the meeting.

During the meeting Sunday, a public forum put on by the group Nova Scotia Parents For Teachers, Doucet said the union would be releasing more definitive information this week about what



Kate Ervine of Nova Scotia Parents for Teachers organized the meeting Sunday, during which the Facebook group's membership surpassed 9,000. ZANE WOODFORD/METRO

"We don't want to see job action happen if it's not necessary."

Liette Doucet

that job action might look like, and urged parents to check the union's website for information.

Talks between the union and the government broke off on Friday after the two sides agreed to meet with a conciliator ahead of next week's strike deadline.

Premier Stephen McNeil released a statement Friday evening saying the union had "tabled an unrealistic proposal that would have cost taxpayers

close to \$500 million."

During a news conference Saturday morning, that number dropped to \$340 million, which the government said it built from proposals it's made across the public sector.

Doucet wouldn't get into details about what the union was asking for, and couldn't speak to the validity of the province's numbers.

"I'm not sure where the numbers are coming from," she said.

"What I would say to parents is that they should be focused, instead of looking at those numbers or believing those numbers one way or the other, they should be looking at what they can do to support their students in the classroom, and recognize that what we're doing is for the

betterment of education in Nova Scotia, and for their children."

Kate Ervine of Nova Scotia Parents For Teachers organized Sunday's meeting, during which the Facebook group's membership surpassed 9,000.

Ervine said the discussion on the Facebook group has remained supportive of teachers as the potential of a strike comes closer to reality.

"Strikes are never about convenience, that's part of the reality of it. So people are recognizing it's gonna be tough, they're looking for support in that on-line forum, they're looking to strategize, but what I haven't seen is a lot of the divisiveness coming out," she said.

WITH FILES FROM ALEXANDER QUON AND THE CANADIAN PRESS



Premier Stephen McNeil JEFF HARPER/METRO



Liette Doucet JEFF HARPER/METRO

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HALIFAX HEROES Ordinary people doing extraordinary things

The man who set an ecological high water mark for Halifax

VOLUNTEER

Champion of the Sackville River reaching out to schools



Yvette d'Entremont
Metro | Halifax

Anyone who knows Walter Regan now may find it hard to believe he once uttered the words "I ain't hugging any tree and I ain't kissing any whales."

But that was Regan's first comment in 1988 when approached by his neighbour and friend Shane O'Neil about joining the Sackville Rivers Association (SRA).

"Finally ... just to shut him up I said I'd go to just one clean up. And that week we went to the Sackville River and we took 50 cars out of river," Regan recalled.

"Twenty minutes from where I lived on one side of the river is an old abandoned pit. In the river there were cars everywhere that you could see. But on the left bank, the bank is 60 feet high and there are massive trees. You're standing in a bubbling river, a wild river. The contrast just hit me."

Regan went to his first SRA meeting in September of 1988, put his hand up to volunteer during the second meeting in October, and hasn't stopped since.

Long recognized as the face of the SRA and its president, Regan has attended countless



Walter Regan, the president of the Sackville Rivers Association, went to his first SRA meeting in 1988—and he hasn't looked back since. JEFF HARPER/ FOR METRO

“As we get older we want to know we're making a difference. Even a small difference.” Walter Regan

meetings, written endless emails and advocated for not only the Sackville River but many related environmental initiatives.

"I've been told 'Mr. Regan, if you don't like the system

change it.' How do you change the system? You go to one meeting, two meetings, you go to three meetings," he said.

"What people don't realize is what you give up. You go to a meeting, you give up paint-

ing the bathroom. You give up a birthday. That's part of the trade off."

The retired engineer is now a full time volunteer and was the subject of a community fundraising roast on Saturday night.

"I'm nervous about it but wasn't going to say no to helping out," he said ahead of the event.

Regan is proud of the SRA's

40,000

The number of visits logged on the Bedford-Sackville connector trail counter last year. The trail was first opened in 2006.

accomplishments. He said it was behind ensuring construction of the Bedford-Sackville connector trail that opened in 2006. Last year the association logged 40,000 visits on its trail counter.

Further trail expansion is underway to eventually connect to Mount Uniacke. The organization has undertaken salmon habitat restoration projects and successfully lobbied for flood plain zoning and protection.

It also offers two educational in-classroom programs, River Rangers and Fish Friends.

Regan said those programs have helped the SRA create public awareness about the importance of the river and watershed.

"In 2002 we had a terrible spill in the river... Believe it or not that went national news and it got on CNN. Honestly. My phone started ringing and it went on for two weeks," Regan said.

On the other end were young people from Ohio, England and other parts of North America.

"They were calling and saying 'I just saw on the news you had a spill. Did my fish die?' They had been part of the River Ranger/Fish Friends

+ HELP PICK A HERO

Nominate someone

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes

program and were worried about the fish they put in the river," he said.

"All of a sudden you realize you are having an effect on a whole generation and we're having a silent effect. These are not people coming to meetings or sending you cheques. These are people who had good feelings from nature and it was part of their childhood."

Regan's also a member of the Sackville Community Development Association and serves as a director with community groups overseeing First and Second lakes and the Cobequid Cultural Centre Society.

He also represents the SRA on the Halifax Regional Trails Association and on the municipality's active transportation committee.

Regan is also chairman of HRM's Regional Watersheds Advisory Board.

"I could sit at home and do what? Drink? Twiddle my thumbs? Watch TV? I can't. More importantly I know in my bones that I'm making a small difference," he said.

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TC MEDIA

Trial period now extended for Charlottetown public servant

It appears Charlottetown's CAO Peter Kelly is going to be on probation a little while longer while a review is conducted in Alberta, according to The Guardian.

Kelly was hired earlier this year to be Charlottetown's top non-elected official. His officially started in the job on May 1 and his hire included a six-month probation that was supposed to expire Nov. 1.

The Alberta Department of Municipal Affairs began the process of a review in August that is looking at whether Kelly violated the Municipal Government Act while he served as CAO of Westlock County in Alberta.

Charlottetown Mayor Clifford Lee would not confirm or deny that Kelly's probation has been extended.

One source The Guardian spoke to Friday said everyone wants to clear the air.

"He's done by all reports a fabulous job (as Charlottetown's CAO), but we're making sure that everything is clean and clear for him and that he operates under no shadow,"



Peter Kelly. METRO FILE

the source said, requesting anonymity because they weren't authorized to speak about it.

According to the Westlock News earlier this year, Kelly left his job in the Alberta town with an outstanding \$200,000 bill when he moved to P.E.I. to take the job in Charlottetown.

The matter involves the cost to develop an eight-acre industrial park lot for a developer. The newspaper reported that an auditor says the county would never recoup the \$395,000 it spent to prepare the land and based on market trends, the county stands to lose more than \$200,000 on the deal due to cost overruns.

Westlock News reported Kelly never brought the expenditure to council for approval, breaching the provincial act.

Kelly has said he brought the matter to council and was directed by council to move forward.

Jerry Ward, public affairs officer with the Alberta Municipal Affairs Department, told The Guardian on Friday that a preliminary review to identify concerns and issues has been completed.

"Based on the findings, the minister determined that an inspection will be undertaken," Ward said in an email. "There are no timelines for when the inspection will occur as inspectors are contracted through the government procurement process."

He said the scope of an inspection can include any matter connected with the management, administration or operation of the municipality or any assessment prepared under the provincial act.

Peter Kelly did not respond to a request for comment.

TC MEDIA



WET WEATHER SLICK STREETS Headlights from cars are reflected on a wet Barrington Street Sunday afternoon. A storm system brought a typical winter mix of rain and wet snow to the region on Saturday and Sunday. JEFF HARPER/METRO

High-speed chase ends with crash

INVESTIGATION

Passengers injured in car accident, probe launched



Philip Croucher
Metro | Halifax

Police say an impaired driver behind the wheel of a speeding car with a flat tire crashed into a power pole on Sunday morning.

The incident took place around 3:45 a.m. when police

tried to stop the vehicle, a release said.

According to Halifax Regional Police, the car lost control and hit a power pole on North West Arm Drive and Osborne Avenue.

The vehicle had been involved in an earlier accident with a truck, before taking off, resulting in the flat front tire, police say.

After hitting the power pole, the driver of the car was arrested for impaired driving.

Two passengers in the car were taken to hospital with non-life threatening injuries, including one man who suffered a broken collarbone.

The province's Serious In-

+ INFO WANTED

Call for witnesses

The Serious Incident Response Team (SIRT) is asking anyone who saw the accident or the police try to stop the car to call 902-424-2010.

cident Response Team is investigating the incident as the accident happened as police chased the car.

According to SIRT, the chase ensued after the car and the truck it collided with had been racing.

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PLAINTIFF

- and -

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Dumping Day may wait

ANNUAL RITUAL

Weather may postpone trap dropping by lobster fishers

On the last Monday of November, lobster fishers sail into the sunrise peeking over the waters off southern Nova Scotia, boats teeming with stacks of cages, coiled lines and buoys inscribed with permanent marker.

They call it "Dumping Day," the seasonal kickoff to the crustacean catch in what is widely considered to be the most lucrative lobster regions in the country.

This year, around 1,700 boats are set to steam off for favoured fishing grounds, trailed by trawls of up to 15 traps strung together like Christmas lights that sink to seabed in their wake.

Come Monday, however, the fleet of ships may float idly in their ports as the decades-old tradition is expected to be docked — at least for 24 hours — by blustery forecasts.

Safety is of the utmost im-



Boats head from West Dover on a recent Dumping Day. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

portance to today's lobster fishers.

And safety holds special significance for old-timers to whom the precautionary measures are a mournful reminder of sailors who paid the ultimate price in pursuit of Canada's most valuable seadwelling commodity.

"We try to make Dumping

Day safe as we can," says longtime lobsterman Ashton Spinney. "Still, there's danger ... Unforeseen accidents happen."

Spinney is a member of the body that oversees Lobster Fishing Area 34 (LFA 34) in southwestern Nova Scotia — an approximately New Jersey-sized body of water that has the largest catches of Canada's 41 lob-

ster fishing districts. Canada's billion-dollar lobster business remains the most lucrative fishery the country and a crucial economic engine on the East Coast, employing about 30,000 harvesters in the Atlantic provinces.

Spinney, who is coming up on his 60th Dumping Day, says in his early years, fishers would

+ SAFETY FIRST

A Department of Fisheries and Oceans representative says the Canadian Coast Guard will have additional crews stationed near the fishing grounds and a Cormorant helicopter on standby in case anything goes awry this year, and Nova Scotia's labour minister issued a statement last week urging fishers "to keep safety top of mind" throughout the six-month lobster season.

THE CANADIAN PRESS

set out to sea in up to 130 kilometre per hour winds, restricted only by time and nautical nerve. He says the rules have since changed to allow boats to set sail only if the weather permits safe travel.

Last year, a 53-year-old man from Cape Breton died on Dumping Day after falling overboard while setting lobster traps in the waters near Yarmouth, according to RCMP.

THE CANADIAN PRESS

IN BRIEF

Remains near New Grafton
Police say human remains have been discovered in a wooded area in Queens County.

RCMP say officers are on scene following a report that human remains had been found near New Grafton on Saturday. They say foul play is not suspected in the matter.

RCMP say they are working to identify the deceased.

THE CANADIAN PRESS

Gas bar robbery reported

Police are looking for two men after a gas station in Elmsdale was robbed early Sunday morning.

A release from RCMP says two men demanded cash, and took "several cartons of cigarettes" just after 3 a.m. The men got into a small dark car and headed toward Highway 214, police said. The descriptions of the men are limited.

The clerk at the store, who was alone at the time, didn't see a weapon and wasn't injured.

METRO

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Ice cream company fights to save school

MARKDALE, ONT.

Regulations make process difficult for Chapman's

A Canadian ice cream company based in a small Ontario town is trying to keep the single school in its community open amid dozens of proposed closures provincially — but some are cautioning against private intervention in public schools.

Schools like the Beavercrest Community elementary school in Markdale, Ont. — about 150 kilometres north of Toronto — are slated for closure across Ontario as school boards grapple with declining enrolment and less funding.

"It really means a lot to our community to have an elementary school," said Chapman's Ice Cream vice-president Ashley Chapman, who attended Beavercrest when he was a kid. "It's about the students in Beavercrest: all 200 of them being shuffled up and sent to the other schools in the area."

Chapman noted that about 25 per cent of students at the elementary school are his employees' children.

One of those students is Aidan Shropshire, in Grade 2, whose father works for Chapman's.

Shannon Shropshire said her son is loving and bright — gets



Aidan Shropshire, 7, sister Kendra, 2, and parents Shannon and Matt at Beavercrest school.

WILLY WATERTON/THE CANADIAN PRESS

straight As and Bs — and is into electronics. But he also has autism, and Shropshire said she's worried her son may not be able to adapt to the changes that would come with a closure of Beavercrest.

"He'll have to go to a new town where nobody knows him," she said. "He's already having anxiety about the school

closing. This is a child who doesn't like any kind of change."

Chapman said he wants to help children like Aidan.

Initially, he suggested his ice cream company buy the Beavercrest school and lease it back to the school board. But he later learned the process involves the board declaring the school to be surplus property, which then

triggers a 180-day consultation period before private companies can bid on the building.

"Going forward, it makes it next to impossible for the ministry to justify building a new school in the area, simply because we've already told them that we don't need a school in the area," he explained.

THE CANADIAN PRESS

LABOUR

Higher pay attracts better babysitters

Genna Buck
Metro | Toronto



At age 10, Jessica Taylor took a babysitting course and started watching neighbourhood kids for \$5 or \$6 an hour.

That was then. Now the 29-year-old University of Toronto student is helping to put herself through school by babysitting 15 hours a week at \$15 an hour.

That's about \$900 a month. Casual babysitting sessions in private homes were once

considered an odd job, like lawn mowing. Now, especially in expensive cities such as Toronto, caregivers are increasingly professional and well-paid.

Dozens of babysitters across Toronto that Metro surveyed on social media said they command anywhere from \$12 an hour up to \$20, with additional qualifications such as first-aid and CPR training or an early-childhood education diploma (Taylor has neither).

It's hard to name another job that has seen that kind of wage growth in the past 20 years.

STANDING ROCK

Healer aims to return

Ameya Charnalia
For Metro | Edmonton

Taz Bouchier was in Standing Rock earlier this month and ran healing ceremonies for protesters, both indigenous and non-indigenous, that often ended in tears.

"To be there in their time of need, I was overwhelmed initially with the amount of trauma that I was able to witness in the various people," said Bouchier, an indigenous elder who was a social worker for several years in Edmonton.

Bouchier is now raising money to go back to Standing Rock, and says her work there is more important than ever.

The Standing Rock Sioux Tribe invited Bouchier earlier this month to provide trauma counselling for the young people protesting the Dakota Access



Elder Taz Bouchier

AMEYA CHARNALIA/FOR METRO

Pipeline.

Protests against the pipeline started this spring, with the Sioux nation arguing a pipeline rupture could contaminate the Missouri river, the main water source for the community.

Bouchier says providing trauma support is more urgent now, given the recent footage showing police spraying protesters with water cannons in sub-zero temperatures.

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A new day dawns in Cuba

CARIBBEAN

Death of Fidel Castro, 90, elicits grief, hope, doubts

His words and image had filled schoolbooks, airwaves and newspapers since before many of them were born. Now Cubans must face life without Fidel Castro, the leader who guided their island to both greater social equality and years of economic ruin.

Across a hushed capital, people wept in the streets on Saturday as news of the 90-year-old revolutionary's death spread. While many mourned, others privately expressed hope that Castro's passing will allow Cuba to move faster toward a more open, prosperous future under his younger brother, President Raul Castro.

In his twilight years Fidel Castro largely refrained from offering his opinions publicly on domestic issues, lending tacit backing to his brother's free-market reforms. But the

older Castro surged back onto the public stage twice this year — critiquing President Barack Obama's historic March visit to Cuba and proclaiming in April that communism was “a great step forward in the fight against colonialism and its inseparable companion, imperialism.”



We're not celebrating that someone died, but that this is finished.

Erick Martinez

Ailing and without any overt political power, the 90-year-old revolutionary icon became for some a symbol of resistance to his younger sibling's diplomatic and economic openings. For many other Cubans, however, Fidel Castro was fading into history, increasingly at a remove from the passions that long cast him as either messianic saviour or maniacal strongman.

On Saturday, many Cubans on the island described Fidel Castro as a towering figure who brought

Cuba free health care, education and true independence from the United States, while saddling the country with an ossified political and economic system that has left streets and buildings crumbling and young, educated elites fleeing in search of greater prosperity abroad.

“Fidel was a father for everyone in my generation,” said Jorge Luis Hernandez, a 45-year-old electrician. “I hope that we keep moving forward because we are truly a great, strong, intelligent people.”

For Cubans off the island, Castro's death was cause for celebration. In Miami, the heart of the Cuban diaspora, thousands of people banged pots with spoons, waved Cuban and U.S. flags in the air and whooped in jubilation.

“We're not celebrating that someone died, but that this is finished,” said 30-year-old Erick Martinez, who emigrated from Cuba four years ago.

The Cuban government declared nine days of mourning for Castro, whose ashes will be carried across the island from Havana to Santiago in a procession retracing his victorious sweep to Havana. THE ASSOCIATED PRESS



A mural featuring American author Ernest Hemingway, left, shaking hands with Fidel Castro, on Sunday. Castro, who led a rebel army to improbable victory, embraced Soviet-style communism and defied the power of 10 U.S. presidents during his half century rule of Cuba, died at age 90. THE ASSOCIATED PRESS

REACTION

Trudeau: Castro was a dictator

Justin Trudeau has come under harsh criticism at home for a statement he issued shortly after learning that Fidel Castro had died.

The statement, made in Africa on a trip with a human rights message, praised the legacy of the former Cuban president.

“He certainly was a polarizing figure and there certainly were significant concerns around human rights,” Trudeau said on Sunday. Asked directly whether he thought Castro was a dictator, Trudeau said: “Yes.”

The Liberal prime minister is facing criticism at home and abroad for a statement he issued shortly

after learning that Castro had died at the age of 90.

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Thousands flee oncoming assault

ALEPPO

Syrian, Kurdish forces advance on divided town

Simultaneous advances by Syrian government and Kurdish-led forces into eastern Aleppo on Sunday set off a tide of displacement inside the divided city, with thousands of residents evacuating their premises, and threatened to cleave the opposition's enclave.

Rebel defences collapsed as government forces pushed into the city's Sakhour neighbourhood, coming within one kilometre (0.6 miles) of commanding a corridor in eastern Aleppo for the first time since rebels swept into the city in 2012, according to Syrian state media and the Syrian Observatory for Human Rights monitoring group.

Kurdish-led forces operating autonomously of the rebels and the government meanwhile seized the Bustan



Displaced families arrive at a makeshift camp in the government-held district of Jibreen in Aleppo. AFP/GETTY IMAGES

al-Basha neighbourhood, allowing thousands of civilians to flee the decimated district to the predominantly Kurdish Sheikh Maqsoud, in the city's north, according to Ahmad Hiso Araj, an official with the Syrian Democratic Forces.

The government's push, backed by thousands of Shiite militia fighters from Lebanon, Iraq, and Iran, and under the occasional cover of the Russian air force, has laid waste to Alep-

po's eastern neighbourhoods.

An estimated quarter-million people are trapped in wretched conditions in the city's rebel-held eastern districts since the government sealed its siege of the enclave in late August. Food supplies are running perilously low, the UN warned Thursday, and a relentless air assault by government forces has damaged or destroyed every hospital in the area.

THE ASSOCIATED PRESS



NEW DELHI ROCKING THE RAINBOW ROAD Indian members and supporters of the lesbian, gay, bisexual, transgender (LGBT) community take part in a pride parade in New Delhi on Sunday. Hundreds of members of the LGBT community marched through the Indian capital for the ninth annual Delhi Queer Pride Parade. AFP/GETTY IMAGES

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U.S. ELECTION

Trump blasts recount efforts

In a reprise of campaign-season rancour, Donald Trump and his lieutenants are assailing an effort — now joined by Hillary Clinton — to recount votes in up to three battleground states, calling the push fraudulent, the work of “crybabies” and, in the president-elect’s estimation, “sad.”

Trump on Sunday tweeted part of Clinton’s concession speech, when she told supporters they must accept that “Donald Trump is going to be our president,” and snippets from her debate remarks, when

she denounced the Republican nominee for refusing to say in advance that he would accept the Election Day verdict.

This came on top of his saying it was a “scam” that Green Party nominee Jill Stein was revisiting the vote count in Wisconsin, Michigan and Pennsylvania. Trump won Wisconsin and Pennsylvania, and as of Wednesday, held a lead of almost 11,000 votes in Michigan, with the results awaiting state certification Monday.

THE ASSOCIATED PRESS



Donald Trump THE ASSOCIATED PRESS

THE TOP 6@6 LAST NIGHT ON 101.3 VIRGIN RADIO:

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- 5 Niall Horan This Town
- 4 Ariana Grande Side To Side
- 3 Shawn Mendes Mercy
- 2 Jon Bellion All Time Low
- 1 Fifth Harmony That's My Girl



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Japan trying to save pact

TRANS-PACIFIC PARTNERSHIP

Rebuffs bid by Canada to revive bilateral trade talks

Japan wants Canada to join the fight against rising American protectionism, but that doesn't extend to reviving its own direct trade talks with Canada, the Japanese ambassador has said.

Envoy Kenjiro Monji said Japan is still determined to save the 12-country Trans-Pacific Partnership, despite president-elect Donald Trump's vow to take the United States out of it. Japan hopes that Trump can still be persuaded to back off from his opposition to TPP before his Jan. 20 inauguration.

Japan and Canada hoped to deepen their economic ties through their joint membership in the massive Pacific Rim trade deal that would have brought together 40 per cent of the world's economy.

Canada has for years set its sights on increasing trade with Japan, the world's third-largest



Japan's Prime Minister Shinzo Abe says the TPP is "meaningless" without the U.S. AFP/GETTY IMAGES

economy, but the two countries set aside work on a bilateral trade agreement in 2014 as the TPP talks progressed.

But Trump's declaration this last week that he will begin the U.S. withdrawal from the TPP on Day 1 of his presidency appears to have killed the pact,

“It's not the right timing to talk about bilaterals.”
Kenjiro Monji

because the U.S. accounts for more than half of the GDP of its 12 members.

TPP's rules dictate that the deal can't go ahead unless it has the backing of countries making up 85 per cent of the pact's GDP — simple arithmetic that effectively gives the U.S.

and Japan the power to kill it.

Despite that, Monji said the agreement is not officially dead and, until it is, reviving talks in the Canada-Japan Economic Partnership Agreement could send the wrong signal to Trump.

“We are not forgetting the bilateral Economic Partnership Agreement,” Monji said in an interview. “It's not the right timing to talk about bilaterals.”

Canada and Japan held seven rounds of two-way trade talks between 2012 and 2014. Leaked government documents obtained by The Canadian Press showed that Japan rebuffed Canadian requests for an eighth round in 2015.

Prime Minister Shinzo Abe has said the TPP is “meaningless” without the U.S. However, the Japanese leader has spent much domestic political capital to win support for the deal, so any outright abandonment of the deal would be a major setback for him.

Chrystia Freeland, Canada's international trade minister, has said there's no way the TPP can come into force without the U.S.

THE CANADIAN PRESS

INDIGENOUS RIGHTS

Top court to hear two cases

Experts say two cases coming before the Supreme Court this week could become landmarks in defining how Canada regulates industrial activity on indigenous lands.

But for Jerry Natanine of Clyde River, Nunavut — one of two indigenous communities that will ask the top court to overturn National Energy Board permits — the issue is a lot more visceral. “The animals that we live off are in danger and, because of that, we feel our lives are at stake.”

Clyde River is to ask the court Wednesday to overturn a permit for a Norwegian consortium to do seismic testing in Baffin Bay. Locals say that would kill or drive away the animals they depend on, a position widely shared across Nunavut.

The Chippewas of the Thames have similar concerns in a case that is to be heard together with Clyde River's. They want the court to overturn a permit given to Enbridge to reverse and expand the flow of the Line 9 pipeline.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION I believe strongly that I deserve a raise. What's the best way to ask my boss for one?

Dear Ellen,
I would like to know the best way how to ask to increase my salary and how to tell my boss that slavery is over? The guy before me was paid twice as much, did not do half the work I do, and quit in six months. I am in this job two years and my boss is pushing too much about my duties, and extra work.

Signed,

Hard-Working Guy

Dear Hard-Working guy,

I can tell you with 100 per cent assurance that the "best way to ask" is politely. And I can dole out politeness advice that is easy to give and easy to follow:

- 1 Do your boss the courtesy of making an appointment ahead of time instead of carrying out an ambush, which will backfire in any case.
- 2 Show up on time ready to present your case —and looking suitably presentable.
- 3 Come prepared: Figure out exactly what you want, and why you deserve it. Note that whining about unfairness, or what the other guy made, is not relevant. What's relevant is what you do for the company now, and how valuable your contribution is, in detail.
- 4 Jot those details down

You owe it to yourself, to your co-workers and even to your horrible boss to be open about your situation.

in case you lose your nerve, or your voice, or your mind,

5 Listen politely to whatever your boss has to say to you about your request.

6 Regardless of whether you get the raise or not, say thank you and leave.

Now that we've covered the etiquette, let's get to your real question, which is: *How do I get this cheap b— to pay me what I deserve?*

Alas, I'm afraid the answer is pretty much the same. Unless you're prepared to quit, your only

other choice is breaking the law: e.g. getting some dirt on the boss and resorting to blackmail; threatening physical violence; making fraudulent claims to increase your perceived worth.

I advise against any of these approaches, not only because they're terribly impolite, but because none of them will help you in the long run. If you get caught, your career and earning power will be over for good. And even if you don't get caught, all that lying and cheating will rot your soul

and make you sick and unhappy.

If your boss is as horrible as it sounds, I doubt you'll succeed in your request. But it's important to speak up anyway. You owe it to yourself, to your co-workers and even to your horrible boss to be open about your situation.

Every bit of truth that is uttered takes on a life of its own, and change can't happen without it.

Need advice?
Email Ellen:
scene@metronews.ca



Would you kindly consider making my life a bit less of a struggle?!

© Ani Castillo

VICKY MOCHAMA

Canada's sneaky-great football culture wins an NFL fan's hard heart

The consensus was that Toronto is not a great home for the Grey Cup.

On a huge weekend for Canadian football fans, you would have been hard pressed to find a Torontonian who knew the Grey Cup was even happening. A friend that couldn't believe the size of the crowds in the city wondered aloud whether the Cavalcade of Lights, the city's tree-lighting event at Nathan Phillips Square, might have been the draw.

Such is the life of a football fan in Canada's biggest cities.

I went to the Grey Cup yesterday at BMO field, on Toronto's exhibition grounds, to experience life with other football fans. Normally, I'm at a local bar where half the crowd is there for the games and the other appear to be on dates. It's not an immersive experience. I hear rumours of places where football is at the centre of social life. Saskatchewan Roughriders fans, I'm told are legendary in their ardour and volume.

At BMO field, the passion and commitment of Canada's football fans was evident. The fans were prepared. Those who had experience this before knew, for instance, that layers are essential. I've never witnessed so many grown-ups wearing long johns in this city.

Another phenomenon that I'd never seen in adults who are older than me was outright debauchery. Now, I've been on a wine tour in my life so I've seen middle-aged people party hard. But until

yesterday I'd never seen a fifty-plus woman drink three drinks at once.

Nonetheless, it's an incredibly friendly environment and it's a truly national league. (Despite that, it is not a friendly atmosphere for the prime minister, whose taped message unified much of the crowd in booing.)

I spoke to fans from every place that has a CFL team. For many, the Grey Cup is a multi-decade experience. I met a gentleman — a Stampeders fan — who had been to every single Grey Cup game since 1984. The Tiger-cats fan beside me had been to every one for a decade. The foursome of friends in front of us had been to 16 Grey Cups together.

Still, sometimes I had to wonder what the CFL is thinking with some choices. For example, why was Shemar Moore there? Do we not have our own handsome B-list celebrities? Was Hayden Christiansen not available?

CFL fandemonium was new for me, but for so many it's a legacy experience: it marks friendships, marriages, and a love affair with an underestimated sport.

I'm an NFL fan and as such am required to look down on the CFL. But it has something to it. Sure the play is slower and the rules are different, but it has over a hundred years of history and culture.

It's a tradition I was happy to join in: a friendly atmosphere of sport and camaraderie but with OneRepublic playing at half time.

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5

THINGS WE LEARNED FROM THE WEEKND'S STARBOY

Canadian R&B mysterious The Weeknd, born Abel Tesfaye, has been teasing listeners for months with two music videos, a short film called Mania and a trickle of songs to whet fans' appetites. Here are five things to know about his Starboy project, released on Friday. **THE CANADIAN PRESS**



GETTY IMAGES

1 He may be shading Drake:

Rumours of a rift between The Weeknd and old friend Drake have circulated for years without much evidence. The two knew each other when Tesfaye was getting his career off the ground, but after numerous collaborations on Drake's albums the two appeared to go their separate ways. That's left fans wondering if a line in Sidewalks is a direct shot at the Hotline Bling performer: "Too many people think they made me. Well if they really made me then replace me." Then again, that could also describe a lot of record executives.



AP PHOTO/TURNER CLASSIC MOVIES

2 He's still sombre:

Yes, several tracks are certain to ignite dance floors, but Tesfaye hasn't lost his touch for the debauchery and depressing lyrics that shaped his early career. One of his darkest songs yet, Ordinary Life, has the singer (or the Starboy character?) coming to terms with fortune and fame — and how the lifestyle might destroy him. Telling the story of a suicidal sexual encounter behind the wheel of his car, he sings: "Like I'm James Dean, I'mma die when I'm young."



GETTY IMAGES

3 This isn't the end:

Beyond a global tour set to kick off in the new year, the Weeknd promises more from his Starboy alter-ego. In the interview with Apple Music DJ Zane Lowe, which aired Thursday night, he said a Starboy comic book is in the works and he'd like to pitch it to Marvel or DC Comics.



FREDERIC J. BROWN/AFP/GETTY IMAGES

4 It's star-powered:

Not like The Weeknd needed marquee performers to give his latest album traction, but there's plenty of them here anyway. Robotic duo Daft Punk lend their hands to the opening and closing tracks (lead single Starboy and the funky I Feel It Coming), while Lana Del Rey drifts through the fleeting Stargirl Interlude. Others making appearances include rapper Future (All I Know) and Kendrick Lamar (Sidewalks).

5 Retro sounds are in:

While he doesn't pick a particular decade, a couple songs are fused with the spirit of Throwback Thursday. The funky Secrets borrows from the chorus of the Romantics' 1984 rock hit Talking in Your Sleep and fuses it with a sample of Pale Shelter, a 1982 track from Tears for Fears (pictured). The bootyslacker Rockin' carries a bouncy beat that would fit perfectly in an early 1990s house mix.



MIKE SLAUGHTER/TORSTAR NEWS SERVICE FILE

MONEY

Keep your budget, and sanity, intact when holiday shopping

Gail Vaz-Oxlade
For Metro Canada



People find it challenging to plan for the holiday season without blowing their budgets or their minds.

If you didn't create a savings plan at the beginning of the year to save for this holiday shopping season, you may find it a test. Time to get creative:

1. **Make a list and check it twice.** Who doesn't need to be on there? To whom can you give a token gift? Secret Santa works at work, why not for siblings? Once you have a list, jot down your gift ideas for each.

2. **Give of yourself.** The very best gifts don't have to cost a lot. Offer your time for babysitting, cooking meals, house cleaning, massaging, sewing, or whatever else you're good at. Clip a picture of the service you'll provide and

be clear on how often. Better yet, make your own coupon book.

3. **Don't hungry-shop.** If you're going to be out shopping, pack a snack and some water. Hunger and thirst have a way of muddling your thinking. Keep your energy up so your brain (and self control) can work properly.

4. **Don't open up all the new store credit card accounts you're offered.** It's super-tempting to get 10 per cent or 20 per cent off your purchase for the

day. But think for a minute: stores must be making crap-loads of money on interest and fees to offer you that "special deal." Plus, opening and closing store cards can mess with your credit score.

5. **Don't self-gift while shopping.** Don't be one of the 70 per cent of shoppers using the one-for-you-one-for-me approach. Show some self-control!

6. **Use gift cards carefully.** Gift cards are all the rage. Can't think of what to get? A gift card

will do nicely. Can't be bothered with the shopping mayhem? Gift card! Forgot to pick something up for Cousin Alice? Did you know that tons of gift cards go unredeemed every year?

If you must buy a gift card, make sure you choose a reputable retailer, since you're translating real money into retail dollars you can only spend in one place.

7. **Shop with cash.** Psychologists (and banks) know that shopping with plastic makes you

vulnerable to spending more. Put the money you plan to spend in an envelope and attach your list.

If you must use a card, note the amount you plan to spend in a notebook or on your phone. As you shop, deduct what you've spent. That'll help to keep the spending experience real.

For more money advice, visit Gail's website at gailvazoxlade.com

Teen gives visually impaired new lens

DIGITAL APPS

Goal to make tasks such as reading food labels easier

A Toronto teen is hoping to change the lives of visually impaired people around the world with a new app that can identify virtually any object with the quick tap of an iPhone or iPad.

Anmol Tukrel, a 17-year-old Grade 12 student at Holy Trinity School in Richmond Hill, has always been fascinated with technology, particularly artificial intelligence. By the time he was in Grade 7, he was already teaching himself how to code.

Growing up, Tukrel often travelled to Pena, India to visit his aunt who worked at the K K Eye Institute, a hospital dedicated to providing eye care for people who can't afford it. That experience, combined with an internship at a startup that uses computer vision to make products for advertising firms, led him to the perfect idea for a Canada-wide Science Fair project.

"I thought I could use computer vision for a more humanitarian use, and help visually impaired people," he said.

Tukrel's iPhone app, iIdentifi, allows users to take a photo of virtually any object, and then describes that item in great detail back to the user.

People can also take photos of text and have it read back to them, in one of 27 languages. Tukrel hopes it makes everyday

tasks — like picking out the can of pop you want — easier for people who are visually impaired.

Jason Fayre, the head of accessibility and assistive technology at the Canadian National Institute for the Blind, tested out the app and, although there are similar apps on the market, gave it a rave review.

"I'm extremely impressed, especially that it was written by a Grade 12 person," he said.

As a visually impaired person himself, Fayre said iIdentifi would make his life easier when trying to identify things in the kitchen.

"If I don't know what a particular can of something is, being able to take a picture and have that information read back to me in great detail is very useful," he said.

It took Tukrel more than a year to develop the app, a process that involved months of painstaking research and enough code to fill a two-inch

binder.

He had initially planned on making his own convolutional neural network — computer speak for the data structure used to make a program that recognizes objects. Eventually, he opted to integrate existing programs.

Tukrel casually speaks about computer vision, convolutional neural networks, and application program interfaces as though he were a university graduate of computer science — not an about-to-graduate high schooler.

"I've always liked technology, but as much as I like playing video games and using different apps, I wanted to be able to make them myself," Tukrel said.

For Tukrel, the work doesn't stop now that the science fair is over.

He has already met with various organizations to get feedback on the app, and plans on making tweaks to improve the user experience. So far, the



Anmol Tukrel is a Grade 12 student who designed an app that describes things you take photos of with your phone. Called iIdentifi, the app aims to make everyday tasks easier for visually impaired people. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

app has been downloaded by several thousand people and is being used in 60 countries. And, it's free, something Tukrel doesn't plan on changing.

"I want people who are visually impaired to use it without thinking of the financial consequences of doing so," he said. "We have such great technology and I think it's important that everyone has access to it."

TORSTAR NEWS SERVICE

+ HOW IT WORKS

The iPhone app allows users to take a photo of virtually any object, and then describes that item in great detail back to the user.

People can also take photos of text and have it read back to them, in one of 27 languages.

The goal is to make everyday tasks — like picking a can of pop — easier for visually impaired people.

There are similar apps on the market, this one got a rave review from Jason Fayre, of the Canadian National Institute for the Blind.



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WHY I LIKE MY JOB

Pan Dong, 31, Paralegal Candidate in Toronto, Ont.

Before moving to Canada, I was a licensed lawyer in Beijing, China. As a newcomer, I had to go through Ontario's education system to work in the legal sector. I applied to Humber College's paralegal education program (which also involved an English-language assessment) and two years later I successfully graduated. The program offered valuable courses in legal writing, research and business law.

Additionally, I participated in a four-week internship, which allowed me to build a strong network of referrals that helped lead me to a full-time job with a tribunal in Toronto. Tribunals are basically government agencies that handle small claims in specialized areas, such as workplace injuries or landlord and tenant disputes. However, I can't work as a licensed paralegal until I write (and pass) the national exam administered by the Law Society of Upper Canada. My goal is to write the exam in February 2017.

I'm currently responsible for



a lot of administrative work, but I'm excited about the prospect of progressing with a large government entity. I enjoy working with

a diverse range of people, and I'm looking forward to having the opportunity to handle a case or represent a client in court.

THE BASICS: Paralegal

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Data for this feature was provided by payscale.com, servicecanada.gc.ca, paralegaledu.org and onetonline.org.

HOW TO START

In Ontario, paralegals must be licensed by the Law Society of Upper Canada to legally serve as officers of the court. Ontarians have the benefit of representing clients in matters related to immigration, labour law, small claims and some instances of crime. Paralegals aren't regulated in other provinces, but are less independent as they typically work under the supervision of Barrister Solicitors. Many colleges offer reputable paralegal programs, where students will gain a strong understanding of court and tribunal procedures.

WHERE YOU CAN GO

Canada's legislation is constantly evolving, placing a larger burden on legal professionals. As the demand for legal advisement rises, more lawyers are relying on paralegals and legal assistants to take on additional responsibilities in law firms, administrative tribunals (such as the Workplace Safety and Insurance Appeals Tribunal) and various government offices. New graduates can expect to draft legal documents, conduct legal research and communicate directly with clients when needed.

NEXT CAREER STEP

As a paralegal becomes more established, they may opt to launch an independent practice. Others may decide to explore non-traditional markets, including marketing agencies, financial institutions and legal aid clinics.

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Jaclyn Tersigni

If parking lot traffic jams and hour-long checkout queues aren't your thing, don't fret: there's a shopping occasion for you, too. Cyber Monday is the on-line-only discount extravaganza, where you can reap mega-discounted goods from the comfort of your bed, if you so choose. The deals are just as good as those offered on Black Friday, so you can happily wait until Monday morning. Here's a handful of bargains you'll be able to find.



A perfect gift for the amateur photographer on your holiday shopping list. This drone-plus-camera (1080 pixels, for high-definition footage) set allows for incredible aerial shots. *DJI Phantom 3 Advanced Quadcopter Drone with Camera. On sale for \$799.99 (save \$280) at Best Buy, bestbuy.ca.*

The newest edition of the mega-popular hoverboard comes with built-in Bluetooth speakers. Available in a variety of hues, including pink, yellow, red, white and blue. *Swagtron T3 Hands Free Smart Board. On sale for \$499 (save \$150) at Staples, staples.ca.*



British jewellery brand Links of London is taking 20 per cent off its wares online — including this 18-karat-gold cuff. Bonus: if you spend \$595 or more online, you'll receive a complementary, limited edition Timeless Diamond Bracelet (valued at \$245). *18K Yellow Gold Vermeil Woven Cuff. \$875 (plus 20 per cent off) at Links of London, linksoflondon.com.*



Big discounts on Apple products are often hard to come by, making this 33 per cent off deal on an Apple Watch extra tempting. Receive and respond to messages, make payments, control your music, and more, all from your wrist. It is Wi-Fi- and Bluetooth-equipped, and its battery lasts for up to 18 hours on a single charge. *Apple Watch 42MM Stainless Steel. On sale for \$369.99 at eBay, ebay.ca.*

Canadian aromatherapy retailer Saje Natural Wellness is offering 20 per cent off its online store — including this multifaceted ultrasonic diffuser, and collection of essential oil blends. *Aromagem 2.0 Ultrasonic Diffuser. \$74.95 (plus 20 per cent off); Deluxe diffuser blend kit. \$84.95 (plus 20 per cent off) at Saje Natural Wellness, saje.com.*



This heated hair brush with adjustable temperature controls makes hair-straightening a breeze. It has a six-foot swivel cord, dual voltage, an LCD safety feature. *Haute Brush Hair Straightener. On sale for \$29.99 (save \$40) at Staples, staples.ca.*

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SPORTS

Tessa Virtue and Scott Moir set a record score of 195.84 to win the ice dance event at the NHK Trophy in Japan and qualify for the Grand Prix Final

Gravel stymies Wildcats

QM/JHL

Rookie goalie rolls out first shutout in Q



Dylan DesRoche
For Metro | Halifax

The Halifax Mooseheads rookies were on full display in Sunday's 3-0 win over the Moncton Wildcats, with first-year netminder Alexis Gravel earning his first career shutout.

"It's a really great feeling," said Gravel after his 22-save performance at Scotiabank Centre.

"The boys played hard and blocked shots and we got a shutout."

Halifax's offence made it easy for the rookie goalie, as they peppered Moncton goaltender Alec MacDonald with 43 shots. Halifax controlled the momentum for most of the game, but the Wildcats did test Gravel with 13 shots in the third period, five more than they had fired in the first 40 minutes combined.

The game started off rather boring, with both teams generating very little offence.

"The first period I think we didn't skate enough, but at the break our coach said we have to skate more and be more engaged in front of the net," said Mooseheads forward Nico Hischier, who led the offensive charge scoring twice to earn first-star honours.

The Mooseheads showed that



Mooseheads goaltender Alexis Gravel deflects a shot from a crowd of players during a game against the Moncton Wildcats on Sunday at the Scotiabank Centre. JEFF HARPER/METRO

they have learned from their past defensive mistakes Sunday, allowing just 22 shots, most of which never really endangered Gravel's shutout bid.

Halifax had blown some late leads in its past few outings at home.

"We played really great defensively so we didn't really

need many more goals. Gravel did a really, really, good job and he had some amazing saves," Hischier said.

There was a scary moment late in the third for Halifax, as Moncton forward Manuel Wiederer appeared to intentionally crash into Gravel.

Gravel would be shaken up

on the play, but the ensuing scuffle gave him enough time to recover and finish off the game.

Wiederer was given a two-minute minor for roughing and five-minute major for charging.

"It was his decision, he took it with five minutes left in the game and we just got a power play, so it was good for us,"

Gravel said.

Another rookie, Benoit-Olivier Groulx, scored his seventh of the season to round out the scoring.

Halifax's next game will be Wednesday in Quebec against the Quebec Remparts, a team they fell 6-5 to in a shootout to last Thursday.

IN BRIEF

Sagueneens top Voltigeurs in shootout

Jake Smith was the lone scorer in the shootout as the Chicoutimi Sagueneens edged the Drummondville Voltigeurs 5-4 on Sunday in Quebec Major Junior Hockey League action.

Smith also scored in regulation time for Chicoutimi (13-9-1).

THE CANADIAN PRESS

Panthers fire coach Gallant, source says

The Panthers fired head coach Gerard Gallant on Sunday night, a person familiar with the decision told The Associated Press. The move was made after the Panthers' 3-2 loss at Carolina — one that dropped Florida to 11-10-1 this season, good for only 10th in the Eastern Conference.

THE ASSOCIATED PRESS

Brady reaches 200 wins

Tom Brady tied Peyton Manning for the most wins by a quarterback in NFL history, getting his 200th by throwing a go-ahead 8-yard touchdown pass to Malcolm Mitchell with 1:56 left to lead the New England Patriots to a 22-17 victory over the New York Jets on Sunday.

THE ASSOCIATED PRESS

Argentina wins Davis Cup

Argentina won its first Davis Cup title on Sunday when Federico Delbonis swept past Ivo Karlovic in straight sets to complete a stunning 3-2 comeback win over Croatia.

Delbonis dropped to the ground after his 6-3, 6-4, 6-2 victory. His teammates fell into each other's arms and celebrated in front of thousands of Argentine fans in the packed Arena Zagreb. THE ASSOCIATED PRESS

Rosberg finally holds off Hamilton to win F1 title

German driver Nico Rosberg held his nerve to win the Formula One championship for the first time after finishing second at the season-ending Abu Dhabi Grand Prix on Sunday. Defending champion Lewis Hamilton won the race from pole position for his 53rd GP win.

THE ASSOCIATED PRESS



The Redblacks' Ernest Jackson enters the end zone for the winning touchdown in overtime Sunday night.

NATHAN DENETTE/THE CANADIAN PRESS

CFL

Redblacks win OT thriller



Henry Burris threw his third touchdown of the game in overtime as Ottawa shocked the Calgary Stampeders 39-33 to win the 104th Grey Cup.

Ernest Jackson bobbled the pass over the goal line before gaining control as Ottawa won its first Grey Cup title in franchise history.

Calgary was favoured by double digits heading into the game after finishing with a 15-2-1 regular-season record, while the Redblacks at 8-9-1

SUNDAY In Toronto



were the first team to finish first in a division with a losing record.

But Burris scored on a one-

yard plunge on the game's opening drive despite having his left knee lock up during the Redblacks' pre-game warmup, and Ottawa controlled most of the entire game.

The Stampeders turned the game into a thriller, however, charging back from 20 points down and forcing overtime on a Rene Paredes field goal with time expiring in regulation.

Calgary quarterback Bo Levi Mitchell, the recently named season's most outstanding player, threw three interceptions. THE CANADIAN PRESS

NHL Jets snap five-game skid with shutout win

It was the kind of rebound game Connor Hellebuyck and his teammates needed.

The Jets goaltender made a season-high 42 saves Sunday afternoon as Winnipeg ended a five-game losing skid with a 3-0 home-ice victory over the Nashville Predators.

Hellebuyck's second shutout of the season, and fourth of his career, came after he was in net Friday for Winnipeg's 5-1 loss to the Predators in Nashville.

"I think it's extremely important," Hellebuyck said of having a big game. "It gets the morale and character back in the room and we can start

building some confidence now. I don't think anybody is hitting the panic button. We just needed to get back to our game and that's what we did tonight."

Drew Stafford scored his first goal of the season and Mark Scheifele and Adam Lowry added empty-net goals for the Jets (10-12-2). Defenceman Jacob Trouba had two assists.

"Sometimes to break out of the slump, you know you just kind of need to have your goalie make 40 saves and then gut it out," Jets captain Blake Wheeler said.

Rookie goaltender Juuse Saros stopped 21 of 22 shots

for the Predators (10-8-3).

The loss halted Nashville's win streak at three games and also bumped its poor road record to 2-7-2.

Saros, a 21-year-old from Finland, was called up from Milwaukee of the American Hockey League to relieve veteran Pekka Rinne. He played his second game this season and third of his career.

"He was great," Predators centre Ryan Johansen said of Saros. "The only goal they had was they skated behind our net, bounced it off his back and (the puck) barely crossed the goal line."

He also praised Hellebuyck. "I thought he was fantastic," Johansen said of Hellebuyck. "The way their team has been playing, at home with a lot of pressure on, especially us beating them in Nashville with five goals, he deserves a lot of credit tonight. He played a great game."

The victory extended Winnipeg's home victories to four straight (7-4-0).

Nashville had scored three power-play goals against the Jets in Friday's win, but were 0 for 5 on Sunday. Winnipeg was 0 for 4.

THE CANADIAN PRESS



Giants receiver Odell Beckham Jr. straight-arms Tank Carder of the Browns in Cleveland. JASON MILLER/GETTY IMAGES

Boring play can win, too

NFL Giants win sixth straight, push record to 8-3 on season

They're rarely flashy, hardly appealing and downright tough to watch at times.

The New York Giants play bland, boring football — just how they like it.

"Hey, it's just about finding ways," Eli Manning said.

Manning threw three touchdown passes — two to Odell Beckham Jr. — and Jason Pierre-Paul returned a fumble for a TD as the Giants extended their winning streak to six games, holding off Cleveland 27-13 on Sunday to keep the pitiful Browns winless.

At the end of a long holiday weekend, the Giants (8-3) looked as if they gorged on too much turkey and apple pie on Thanksgiving. They stumbled and staggered for much of the

game before finally putting away the Browns (0-12) to give New York its longest winning streak since 2008.

The Giants don't overwhelm anyone, but they do just enough to win and are in position to make the playoffs for the first time since 2011.

"Whatever it is, a win is a win," said Beckham, who had six catches for 96 yards and had a TD punt return called back. "I don't think we took a step back today, but I definitely think we could have taken a bigger step forward. We got time. A couple more games left and now it's time to progress this week."

Manning threw a 32-yard TD pass to Beckham in the second quarter and added a 4-yarder to the star wide receiver with 5:10 left as the Giants avoided what would have been a devastating loss.

After the game, Browns coach Hue Jackson had a lengthy meeting with "upper management" before meeting with reporters.

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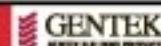
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IN BRIEF

UFC title now in play

Newly crowned UFC lightweight champion (The Notorious) Conor McGregor has relinquished the featherweight title with rival Jose Aldo taking over as 145-pound title-holder.

The UFC 206 main event at the Air Canada Centre on Dec. 10 will now pit No. 3 featherweight contender Max (Blessed) Holloway against No. 6 Anthony (Showtime) Pettis with the winner earning the interim 145-pound title and a showdown with Aldo in 2017 to decide the undisputed championship.

THE CANADIAN PRESS

Denmark tops World Cup

Denmark fought off a three-pronged attack Sunday to win golf's World Cup at Kingston Heath in Melbourne, Australia.

Soren Kjeldsen and Thorbjorn Olesen held their nerve after a four-shot overnight lead was threatened by China, France and Sweden.

The pair combined superbly in the best-ball format for a closing 6-under 66 to finish on 20-under 268, four shots clear of France (63), China (65) and the United States (66) in a three-way tie for second.

THE ASSOCIATED PRESS

RECIPE Spaghetti and Meatballs



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

You'll love this spin on a classic.

Ready in 70 minutes

Prep time: 30 minutes
Cook time: 40 minutes
Serves 4

Ingredients

- 1 onion, chopped fine
- olive oil
- 2 or 3 cloves of garlic, minced
- 1/4 tsp nutmeg
- pinch of cinnamon
- pinch of chili flakes
- 1 tsp salt
- 1x28 oz. cans of plum tomatoes
- good splash of red wine vinegar
- 1/2 tsp pepper
- 1/2 cup panko or bread crumbs
- 1/2 cup grated Parmesan
- 1 egg
- 1/2 lemon's worth of zest
- 1 lb. ground beef

Directions

1. Sauté onion in a glug of olive oil

for 4 minutes. Add garlic, nutmeg, cinnamon, chili, salt and pepper. Cook for a couple more minutes.

2. Take half the onion and garlic mixture and put it in a large bowl. Add tomatoes and red wine vinegar to remaining onions in pan and simmer.

3. To onion mixture in bowl, add panko, grated Parmesan, egg, lemon zest, and meat. Combine and form into 1-inch balls.

4. Put pot of water on to boil for your pasta.

5. In a separate pan, cook meatballs over a medium heat until browned and cooked through. You'll probably have to do it in two batches. Add them to the sauce and continue to let simmer

6. Cook your pasta to al dente and serve.

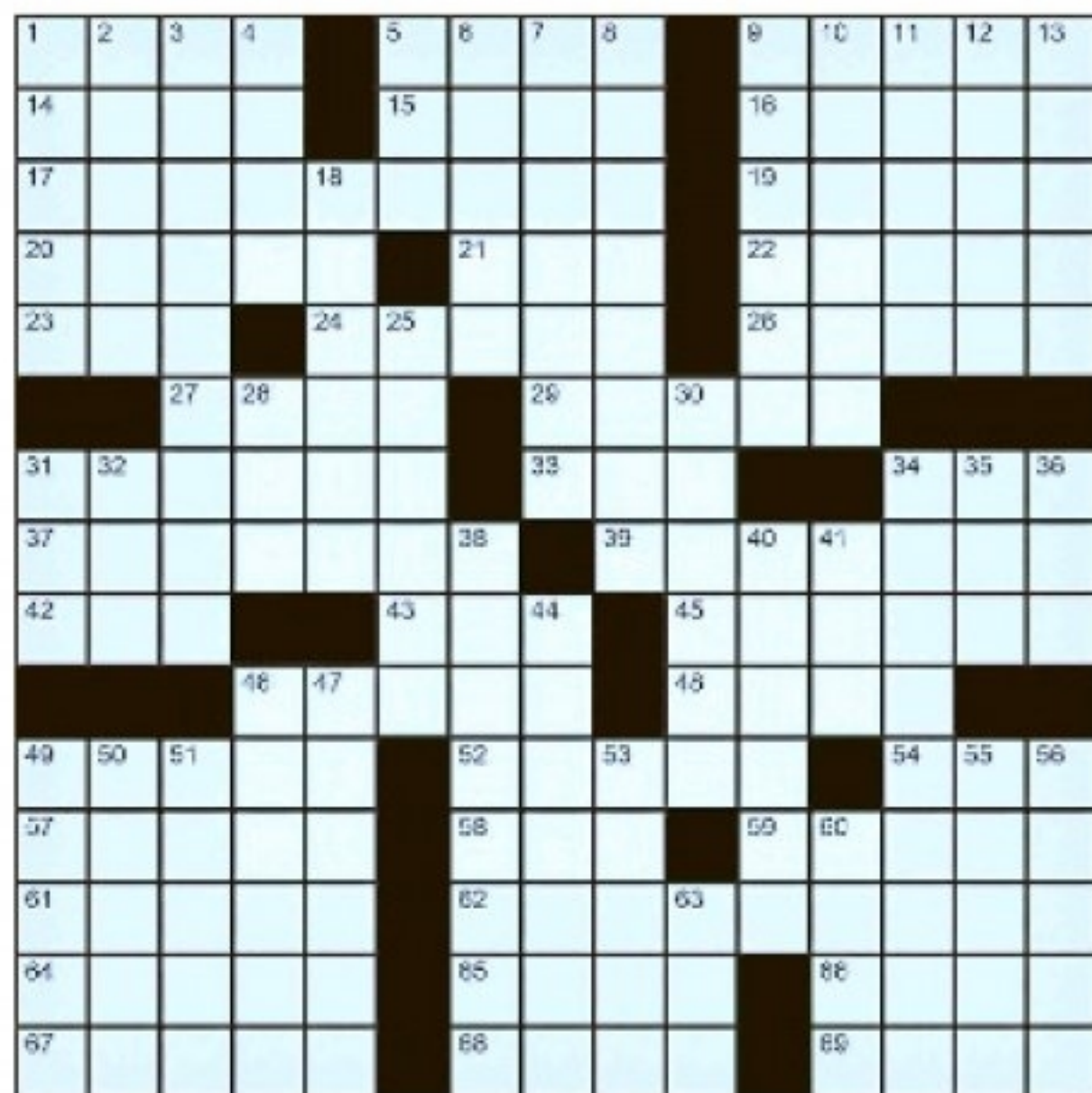
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ACROSS

1. Eugene O'Neill play, _ Christie
5. Kitchen amt.
9. "Beau _" (1939)
14. 1970s fad, _ rings
15. Harp, in Italy
16. Like bits of porridge
17. Energy company headquartered in Saint John, New Brunswick: 2 wds.
19. Pedestal
20. Express
21. Alias acronym
22. Gumption
23. "Hush,"
24. Accountant's review
26. Vexed
27. Pull in pay
29. Brisk as a late Fall day
31. Comic actor David, and surnamesakes
33. Long-snouted fish
34. Tavern
37. 'Musical' membrane?
39. Salad staple
42. AC/DC song
43. Sales pro
45. The space under a leafy tree on a sunny day
46. Bleak, in poetry
48. Trudged
49. The _ Stooges
52. Cereal brand, _ Puffs
54. "Uh-huh!"
57. Carriers of blood
58. Friend of Canada, e.g.
59. Sugar: French
61. Beatles: "Sexy _"
62. Northeastern Ontario town, home of the Ontario Loggers Hall of Fame



64. Women's tennis great Chris

68. Billy Ray Cyrus' " _ Breaky Heart"

DOWN

1. Haywire
2. " _ Country" (2005) starring Charlize Theron

3. Song by Canadian band Spoons that starts "Architects of the world / I walk your streets and live in your towns...": 2 wds.

6. Wide ranging

11. Filled the air like sardines
12. Uptight
13. Wrapped up
18. More with-in reach
25. Not certain
28. Contribute
30. "There you have it!"
31. Established
32. Pot's kitchen pal
34. Martini-glass-holding character for Scott Thompson on "The Kids in the Hall": 2 wds.
35. Genius
36. Corrector's pen choice
38. "I'm sorry": 2 wds.
40. Be a caught shark, do this
41. Spiritual 'way'
44. Commonplace
46. Movie great Robert: 2 wds.
47. Puts back to zero
49. RCA product: 2 wds.
50. Bad guy, in a movie
51. "Easy _" (1969)
53. Fisherman's count
55. Word on a Quebec stop sign
56. Pruned property partition
60. Lil' Martian crafts
63. Coral reef

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's important to grab every opportunity to expand your horizons. Travel or learn new things, because this is what will please you the most right now.

Taurus April 21 - May 21
Take care of loose details related to red-tape matters like insurance issues, inheritances, taxes, debt and shared property. Don't let these loose ends nag you.

Gemini May 22 - June 21
Remember to get more sleep, because the Sun is opposite your sign at this time of year. You definitely need more rest. That's the way it works.

Cancer June 22 - July 23
Do whatever you can to feel better organized. Tidy up loose ends both at home and work, because this will make you feel mentally and emotionally stronger.

Leo July 24 - Aug. 23
This is a playful time of year for you. Enjoy fun activities with children, the arts, social outings, sports events and any chance to express your own creative talents.

Virgo Aug. 24 - Sept. 23
It's most appropriate that you focus on home, family and your private life at this time. Home repairs plus interactions with relatives, especially parents, are important.

Libra Sept. 24 - Oct. 23
You have a strong desire to enlighten others about something. You want to write, talk and express your ideas in any way that you can. Fortunately, others will listen.

Scorpio Oct. 24 - Nov. 22
As you think about money, cash flow and earnings at this time, basically, you are dealing with your values. It's important to know what really matters in life.

Sagittarius Nov. 23 - Dec. 21
This is your chance to replenish yourself for the rest of the year. Talk to others and ask for what you want and what you need. Resources will come to you now.

Capricorn Dec. 22 - Jan. 20
Use this time to plan ahead for your new year (birthday to birthday). If you set goals, especially with deadlines, you are more likely to achieve what you want.

Aquarius Jan. 21 - Feb. 19
Share your hopes and dreams for the future with someone today, because his or her feedback will help you. Someone younger might have ideas that you admire.

Pisces Feb. 20 - March 20
Because you look favourable in the eyes of bosses, parents, teachers and VIPs at this time, make your move! Push your own agenda forward, because you will get what you want.

CONCEPTIS SUDOKU by Dave Green

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